



## **SUGGESTIONS FOR USE OF CHECK OFF LIST:**

Put an X in the box corresponding to the movement and the night it was introduced.

Put an X in the box corresponding to the movement and the night it was next called and work shopped.

Put a / in the boxes when the movement is danced without difficulty and there after to keep track of calling the movement

\*Suggested Teaching Order

Callers are reminded to limit their calls to the advertised program. Calls from a list other than advertised should not be used unless they are walked through first. If conducting a **PLUS** workshop, use only **PLUS** calls. If conducting a workshop for **PLUS** Dancers who want more, workshop should be labeled appropriately.

**NOTE:** The Plus Program is understood to include more creative use of the Mainstream moves from other than standard positions. For this reason, **CALLERLAB** recommends that the Plus Program calls be taught in not less than nineteen sessions of two hours each (total 38 hours).

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